



## **How Are Your “No’s” of Today Affecting Your “Yes-es” of Tomorrow?**

A few weeks ago, I had Gary close his eyes and “get ready for a big surprise.” I had a new grand idea for Gary and I — to take a daily tablespoon of cod liver oil. Being married to Gary for almost 25 years, I just knew that if I even mentioned the idea it would be an outright “no!” So I started to talk about our future life together and how we need to be healthy and that I just had a big surprise. He kept on saying no.

“Chere I have said no three times and you tell people that.” He was right. I do tell people that you need to say no three times to finally be heard ... just like a broken record. Well, when I finally had him backed up into the refrigerator he opened his mouth to avoid spilling the stuff all over him. Was he upset when he found out it was cod liver oil!

Why cod liver oil? 90% of the population is deficient in omega-3 fatty acids as we are eating more processed foods, meat and less fish. The American Heart Association recommends eating fish two times a week, which provide omega 3 fatty acids. Click here for all you need to know about omega 3 fatty acids.

I was thinking it may help his joints and other body parts for his upcoming triathlon season. (Did I tell you he is good — REALLY good — and usually wins his age group every time!?)

I always tell Gary my goal is to be 75 years old and lay in my bed and hold his hand and LIKE my life which includes my body doing what I want it to do. I don’t want my body to dictate where or when I travel because I need to sit in a doctor’s office at an appointment or can’t take the long walks in an airport to get to the gate.

Have you ever thought that what you are saying yes or no today affects your yes-es and no-s of tomorrow!? When you say yes to something you are automatically saying no to something else. And, sometimes a yes can open the door to a more joyful savory life.

Summer is the perfect time to say “yes” to health and joyful life balance. Why? Your schedule is lightened, your days are more carefree, and the warm sunshine days often beg you to just get outside and move your body more.

Here are some ideas of how to say yes to health.

- Say no to pleasing others and saying yes to pleasing yourself.
- Say no to evening phone calls and say yes to more evening family time.
- Say no to staying up late and saying yes to getting up early to kickstart your day with a “energy” walk or run.
- Say no to checking emails every time they pop in to saying yes to checking them a few times a day and a bigger yes to more focus and productivity.
- Say no to eating your favorite junk food at night to say yes to a bowl of freshly cut up summer fruit.
- Say no to “eating what comes by” and say yes to planning your evening meal ahead of time and enjoying it on your deck or patio.

Maybe it is time you take a closer look at what you are saying yes and no to. Each yes and each no creates your life. Each yes and each no is actually a choice and takes you closer to or farther away from your goal. Each choice creates a moment and decides your next moment. Those little “moments” create your life. I am hoping Gary is saying no for the time being to cod liver oil and will say yes later.

Why are we saving money to retire to do our “what I want to do before I die list” if we don’t have the energy to spend it due to poor health?

Maybe if Gary says yes ... ok maybe a may BE ...  
Wishing you a summer of YES! Smiling as I type!